

Register online as a local Meals on Wheels volunteer

The Home Delivered Meals (Meals on Wheels) Program in Davis County has nine delivery routes covered each weekday by volunteers. Two volunteers driving a county-owned vehicle complete a route in approximately two hours.

Each route is maintained by one of three county-operated senior activity centers with the addresses grouped together by area. Routes average 37 stops daily. Each route is unique but all routes have one similarity – volunteers.

Local programs wouldn't exist without the vital help of volunteers. To aid the recruitment of volunteers needed to operate the program, a new online tool called the Meals on Wheels Online Volunteer Drive was started through the efforts of Meals on Wheels America with support from Subaru of America.

When asked why they volunteer with the program, the majority of the volunteers respond that it feels good to provide a service to other seniors in need.

Ross DeVries, a RSVP

volunteer, delivers meals two days a week at two separate centers. He was first approached to "fill in" at Autumn Glow in Kaysville when a regular volunteer was going on a long vacation. After three months, he didn't want to give it up when the regular volunteer came back. This was six years ago. Since then he has "filled in" at North Davis in Clearfield and found himself to be a regular volunteer there as well.

"This new online registration tool will help bring us more critically needed volunteers to our local program," said Debbie Draper, Nutrition Bureau manager with Davis County Health Department's Senior Services. "Volunteers are the backbone of our program, they know what to do, they know how to do it and they get it done."

Anyone interested in becoming a Meals on Wheels volunteer with Davis County's program can learn more and sign up at www.mealsonwheelsamerica.org/drive or contact their nearest senior activity center.

Free smoke alarms available

BY REBECCA JONES
American Red Cross

More people die from home fires each year across America than from any other disaster.

The American Red Cross has a new national program called the Home Fire Preparedness Campaign. The campaign has a goal of reducing death and injuries due to home

fire by 25% over the next 5 years. We will do this by installing free smoke alarms in homes and providing the household with fire safety information.

If you do not have working smoke alarms in your home, please call the Red Cross at 801-323-7004 to schedule an installation appointment. The whole campaign is free to you including time, services and equipment.

Summer caregiver educational classes continue

Are you caring for an older adult? Are you feeling stressed or burned out?

Davis County Health Department's Senior Services is offering free monthly caregiver classes this summer. During the second week of each month, these one hour presentations start at noon on Tuesday and are repeated on Thursday. Tuesday presentations will be held at Fairfield Village of Layton (1201 N. Fairfield Road, Layton) and Thursday presentations take place at Golden Years Seniors Activity Center (726 South 100 East, Boun-

tiful). Also, a complimentary lunch will be provided at each class with the RSVP needed that preceding Monday by noon.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Class schedule is:
• Tuesday, July 7 & Tuesday, July 9: "Suicide Prevention" – Andrea Hood, Davis County Health Department
• Tuesday, Aug. 11 & Thursday, Aug. 13: "Charitable Care" – Brandie Evans, Rocky Mountain Care Foundation

3 simple weight lifting moves

BY LINDA MELONE
Arthritis Foundation

Lifting weights or resistance training offers numerous benefits to help manage arthritis pain. Exercise keeps muscles around affected joints strong, lubricates joints, decreases bone loss and helps control joint swelling and pain.

Weightlifting may sound intimidating, but it can be done with proper preparation and without extensive equipment by incorporating everyday items.

Before you start

"Warming up and gentle stretching is an essential part of an exercise routine," says Eric Lieberman, MD, FACR, a rheumatologist at the Summit Medical Group in Berkeley Heights, N.J. "A warm-up period of walking or riding a stationary bike helps get muscles loose."

After you've warmed up and stretched, try these weight-lifting exercises to get started:

Legs and biceps:

Hold a 16-oz. soup can in each hand and stand with feet shoulder-width apart, knees slightly bent, palms facing forward. Bend knees (keep knees and feet pointed straight ahead) and squat by slowly lowering hips toward floor (stay within a pain-free zone). Pause at the bottom, slowly return to starting position. Now perform a biceps curl by bending elbows and bringing soup cans up toward shoulders and back down. Repeat combination 10 to 15 times.

Back and triceps:

Hold a 16-oz. soup can in each hand and stand with feet shoulder-width apart. Bend forward slightly at the waist, arms hanging down toward ground (keep abdominals tight). Bend

elbows and bring them up toward the ceiling while you squeeze shoulder blades together, hold and then straighten arms, extending hands behind you. Return to starting position by bending elbows back. Repeat sequence 10 to 15 times.

Chest and calves:




Stand facing a wall approximately 2 feet away and lean forward, placing hands on the wall at chest height. Keeping legs straight, bend elbows and lower upper body toward the wall into a push-up; pause, slowly straighten arms (do not lock elbows) and return to starting position. Now perform a calf raise by standing up on the balls of your feet; pause and then lower heels back down. Repeat push-up and calf raise sequence 10 to 15 times.



"South Pacific meets Clearfield"

During a mid-day luau in June, a packed dining room at North Davis Senior Activity Center enjoyed a live performance of south Pacific Islander music and dancing provided by Orama – which means vision. The tasty main dish of pulled pork, lots of island-themed decorations, and many lunch patrons decked out with leis, Hawaiian shirts or flowers in their hair, added to the festivities.

Photo by Bob Ballew, DCHD

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>July</h1>			2 AG – Lifetime Fitness 9 Arts & Crafts 10 GY – Lapidary 8:30 ND – Name that Tune 11:45	3 Centers Closed  Day before Independence Day	4
5	6 AG – Oil Painting 9 Wii Bowling 12:30 GY – Yoga 10-11 Bridge 1-4:45 ND – Texas Hold 'Em 12:15 Bingo 12:30	7 AG – **Art 9 Tai Chi Chair 10:30 GY – Zumba 9:30 Tai Chi 10:30 ND – China Painting 9 Quilters 10 Pinochle 12:30	8 AG – **Water Exercise 9 GY – Meditation Class 12:45 Positive Aging 5-7 p.m. ND – Rocky Mtn Care 11:15 Bingo 12:30	9 AG – Tai Chi Chair 10:30 Bridge 12:30 GY – Dancing Grannies 8:30 ND – Piano Recital 11:15 Pinochle 12:30	10 AG – **AARP Smart Driving Bingo 10:30 GY – Line Dancing 9:30 Pool 1-5 ND – Ceramics 12:15 Technology Lab 4	11
12	13 AG – Lifetime Fitness 9 GY – Sit n Fit 8:30 Bingo 12:30 ND – Puzzle Day 11:45	14 AG – Tai Chi 9:45 Square Dancing 1 GY – Senior Aerobics 8:30 Blood Pressure 10:30 ND – Blood Pressure Clinic 10:30	15 AG – Arthritis Exercise 9 Blood Pressure 10:30 GY – Ceramics 9 Line Dancing 10 ND – Art 9 Do It Yourself Family History 3	16 AG – Chi Qong 10 Computer Tech 11:30 **Art 6:30 p.m. GY – Arthritis Exercises 12:30 ND – Porcelain 9	17 AG – Lapidary 8:30 Movie/Popcorn 12:30 GY – Stained Glass 9 Tai Chi 9:30 ND – Texas Hold 'Em 12:15	18
19	20 AG – Chair Yoga 10:45 GY – Arthritis Exercise Class 12:30 Oil Painting 1 ND – Texas Hold 'Em 12:15 Bingo 12:30	21 AG – Lifetime Fitness 9 GY – Dancing Grannies 8:30 Woodcarving 9 ND – Lapidary 8:30 Shopping 12:30 Line Dancing 1	22 AG – Ceramics 12:30 Quilt Spinners 1 GY – Water Color 2-4 ND – Medicare Fraud 11:15	23 AG – Wire Wrapping 8:30 Tai Chi 7 p.m. GY – Luana's Combo Band 10:30 ND – Knit & Crochet 12:30	24 Centers Closed  Pioneer Day	25
26	27 AG – Bingo 10:30 GY – Stained Glass 9 Line Dancing 10 ND – Health Tips 11:30	28 AG – Lapidary 8:30 Computer Tech 11:30 GY – Lapidary 8:30 Pinochle 1-4:45 ND – Blood Pressure 10:30	29 AG – Water Color 9:30 Bingo 10:30 GY – Single's Social 11:15 Bridge 1-4:45 ND – Texas Hold 'Em 12:15	30 AG – Tai Chi 9:45 Canasta 1 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Porcelain 9 Pinochle 12:30	31 **AG, GY & ND July Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Bingo 12:30	1

**** Call Senior Activity Center to Make Reservation**

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 544-1235

81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479

726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080

42 South State Street
Clearfield, UT 84015



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All issues of Senior Scoop are available at
www.daviscountyutah.gov/senior_scoop

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